

# Health Resources

After collecting your family health history, you may be concerned about a specific health problem that runs in your family. The Utah Department of Health can help you learn more about the health problem in your family and provides reliable information and links to community resources on a variety of health problems.

- **Utahhealthnet.org** - provides access to high quality health information, resources, services and programs in order to increase the quality of life for all Utah residents and visitors. Sponsored by the Spencer S. Eccles Health Sciences Library at the University of Utah.
- **Learn.genetics.utah.edu** - colorful graphics and information on several health problems that run in families; explains what it means to be at genetic risk and how to reduce your risk. Click on the *Using Family History to Improve Your Health* link on the bottom right hand corner.
- **Asthma** [www.health.utah.gov/asthma](http://www.health.utah.gov/asthma)
- **Arthritis** [www.health.utah.gov/arthritis](http://www.health.utah.gov/arthritis)
- **Birth defects** [www.health.utah.gov/birthdefect](http://www.health.utah.gov/birthdefect)
- **Cancer** (breast, cervical, colon, prostate, skin, other cancers) [www.utahcancer.org](http://www.utahcancer.org) or [www.ucan.cc](http://www.ucan.cc) or visit the Huntsman Cancer Institute for information on other cancers (brain, lung, pancreas, etc) that can run in families [www.huntsmancancer.org](http://www.huntsmancancer.org)
- **Diabetes** [www.health.utah.gov/diabetes](http://www.health.utah.gov/diabetes)
- **Heart disease and stroke** (high blood pressure, high cholesterol, heart attacks, etc) [www.hearhighway.org](http://www.hearhighway.org)
- **Mental Illness** Utah Department of Human Services [www.dsamh.utah.gov](http://www.dsamh.utah.gov) or National Alliance on Mental Illness [www.namiut.org](http://www.namiut.org) or Mental Health Association in Utah <http://mhaut.org>
- **Nutrition and exercise** [www.checkyourhealth.org](http://www.checkyourhealth.org)
- **Obesity** [www.health.utah.gov/obesity](http://www.health.utah.gov/obesity)
- **Pregnancy and infant care** [www.babyyourbaby.org](http://www.babyyourbaby.org)
- **Tobacco and quitting smoking** Utah Tobacco Quit Line 1-888-567-TRUTH (1-888-567-8788) or Utah Quitnet, [www.utah.quitnet.com](http://www.utah.quitnet.com)
- **Violence and Injury Prevention** [www.health.utah.gov/vipp](http://www.health.utah.gov/vipp)